NAME: GRADE:

**FITNESS**

### Term One Date: ­­­­­­­­

Term Four Date:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Task** | **Term 1 Estimate** | **Term 1 Answer** | **Term 4**  **Estimate** | **Term 4**  **Answer** |
| **Height** | cms | cms | cms | cms |
| **Weight (optional)** | kgs | kgs | kgs | kgs |
| **Vertical**  **Jump** | cms | cms | cms | cms |
| **Standing Long Jump** | cms | cms | cms | cms |
| **Sit Reach test (flexibility)** | cms | cms | cms | cms |
| **Beep Test** | (Level) | (Level) | (Level) | (Level) |
| **50m Sprint** | secs… | secs… | secs… | secs… |
| **Laps of the gym – 80m (4mins)** |  |  |  |  |
| In one minute I can do… | | | | |
| **Star**  **Jumps** |  |  |  |  |
| **Burpies** |  |  |  |  |
| **Lunges** |  |  |  |  |
| **Skips of**  **the rope** |  |  |  |  |
| **Push-ups**  **(on knees or full)** |  |  |  |  |

#### Term 2: I think I can improve upon my

I will do this by

Term : Did I improve upon my selected goals? Why/Why not?